

Howard County Youth Behavioral Health **ROAD MAP**

Behavioral health is used to describe not only ways of promoting well-being by preventing or intervening in mental illness such as depression or anxiety, but also as an aim of preventing or intervening in substance use or other addictions.

Learn where your child is on the road to health and well-being and what resources are available in Howard County for you and your child.

A resource for families, health practitioners, school-based professionals, service providers, and other affiliates to provide accessible and comprehensive information to better navigate youth behavioral health supports in Howard County.



EDUCATION
Learn healthy habits



EARLY INTERVENTION
Identify early concerns and community supports



INTERVENTION
Evaluate symptoms and access professional support and treatments



INTENSIVE INTERVENTION
Access immediate and significant professional supports



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The Department of Community Resources and Services provides vital human services through its offices of ADA Coordination, Aging and Independence, Children and Families, Community Partnerships, Consumer Protection, Disability Services, the Local Children's Board, Human Trafficking Prevention, and Veterans and Military Families.

HOWARD COUNTY YOUTH BEHAVIORAL HEALTH



EDUCATION

LEARN HEALTHY HABITS

Individuals working to become more aware of behavioral health education to support social, emotional, behavioral and developmental well-being.

EARLY INTERVENTION

IDENTIFY EARLY SIGNS & COMMUNITY SUPPORTS

Individuals identified at risk of or beginning to experience some behavioral health concerns to prevent worsening symptoms.

INTERVENTION

EVALUATE SYMPTOMS & ACCESS TREATMENT

Individuals experiencing significant mental health symptoms that affect their functioning at home, school, work, or in the community.

INTENSIVE INTERVENTION

ACCESS IMMEDIATE & SIGNIFICANT SUPPORTS

Individuals experiencing severe, complex, chronic, or persistent behavioral health symptoms.

HOWARD COUNTY YOUTH BEHAVIORAL HEALTH



LEARN HEALTHY HABITS

Individuals working to become more aware of behavioral health education to support social, emotional, behavioral and developmental well-being.

EMOTIONAL HEALTH

Common changes in mood and emotional health. Calm, confident and overall positive outlook.

PHYSICAL HEALTH

Stable energy level, ability to complete tasks and focus. Normal sleep and appetite for their age and development.

PERFORMANCE AND BEHAVIOR

Consistent performance in school and/or work. Meeting developmental milestones.

SOCIAL ACTIVITY

Socially active. Typical peer-to-peer relationships.

AWARENESS AND COMMUNITY SUPPORT ▼▼▼

Development of healthy emotional practices to build resilience.

- Maintain healthy lifestyle
- Learn and practice healthy coping strategies
- Attend mental health education programs
- Attend well-child visits with child's doctor
- Access online & printed mental health resources



IDENTIFY EARLY SIGNS AND COMMUNITY SUPPORTS

Individuals identified at risk of or beginning to experience some behavioral health concerns to prevent worsening symptoms.

EMOTIONAL HEALTH

Increased emotional symptoms (worry, sadness, irritability, some distraction). Could be in reaction to common but significant life events such as death in the family, relocation, or change in family circumstances, among other things.

PHYSICAL HEALTH

Lower energy level, changes in sleep, appetite changes, and/or regression in milestones like toileting.

PERFORMANCE AND BEHAVIOR

Some changes in performance in school and/or work. Changes in behavior.

SOCIAL ACTIVITY

Changes in social activity.

AWARENESS AND COMMUNITY SUPPORT ▼▼▼

Identify support systems and early signs of behavioral health concerns.

- Identify and understand signs of distress
- Use healthy coping strategies
- Contact child's doctor for guidance, resources and referrals
- Seek support from friends or support groups
- Access school, family and community mental health resources and services



EVALUATE SYMPTOMS AND ACCESS TREATMENT

Individuals experiencing significant mental health symptoms that affect their functioning at home, school, work or in the community.

EMOTIONAL HEALTH

Frequent presence of anxiety, anger, depression, hopelessness, intrusive thoughts, negative outlook, and/or distraction.

PHYSICAL HEALTH

Sleep difficulty, fatigue, aches and pains. Changes in appetite. Unexpected changes in weight. Using substances such as drugs and alcohol.

PERFORMANCE AND BEHAVIOR

Decreased performance and attendance in school and work activities. Difficulties regulating emotions and behavior.

SOCIAL ACTIVITY

Continued changes in social activity, such as avoidance or social conflict.

ASSESSMENT AND PROFESSIONAL CARE ▼▼▼

Identification, diagnosis and treatment of behavioral health symptoms.

- Schedule mental health assessment with local provider
- Based on assessment, schedule ongoing treatment
- Schedule psychiatric assessment for medication
- Access school, family and community mental health resources and services



ACCESS IMMEDIATE AND SIGNIFICANT SUPPORTS

Individuals experiencing severe, complex, chronic or persistent behavioral health symptoms.

EMOTIONAL HEALTH

Frequent presence of anxiety, anger and/or depression. Suicidal thoughts or behaviors, inability to focus or follow treatment plan. If your child is having suicidal thoughts or behaviors, call the **National Suicide Hotline at 800-273-8255** or **Grassroots at 410-531-6677**.

PHYSICAL HEALTH

Increased sleep difficulty, exhaustion, aches and pains, extreme behavior changes. Substance use.

PERFORMANCE AND BEHAVIOR

Unable to perform or attend school or work activities. Risky or unsafe behaviors.

SOCIAL ACTIVITY

Isolation, avoiding social events, work, school or family. Increased conflict with family or peers.

ASSESSMENT AND PROFESSIONAL CARE ▼▼▼

Intensive treatment for behavioral health symptoms.

- Utilize crisis support services
- Seek specialized and intensive treatment
- Continue to access and increase frequency of mental health and psychiatric treatment
- Utilize Grassroots/Mobile Crisis Team for crisis calls and 911 when situations become unsafe for child or others.

HOWARD COUNTY YOUTH BEHAVIORAL HEALTH

I need a mental health provider to provide an **ASSESSMENT AND THERAPY**.

Types of providers that provide assessment and therapy:

PSYCHOLOGIST • SOCIAL WORKER (LCSW-C) • PROFESSIONAL COUNSELOR (LPC)

1

FIND A PROVIDER

Get a professional recommendation for a provider from:

- Your Doctor's Office
- Insurance Provider
- School Staff
- CARE Line
- Behavioral Health Navigator
- Howard County Network of Care

2

CONTACT THE PROVIDER

Contact the list of providers and provide each with the information on all your concerns.

3

SCHEDULE AN APPOINTMENT

Schedule the appointment and completely fill out registration, background and insurance information.

4

ATTEND THE APPOINTMENT

Attend the appointment and follow the recommendation(s) of the provider.

5

CONTINUE TREATMENT

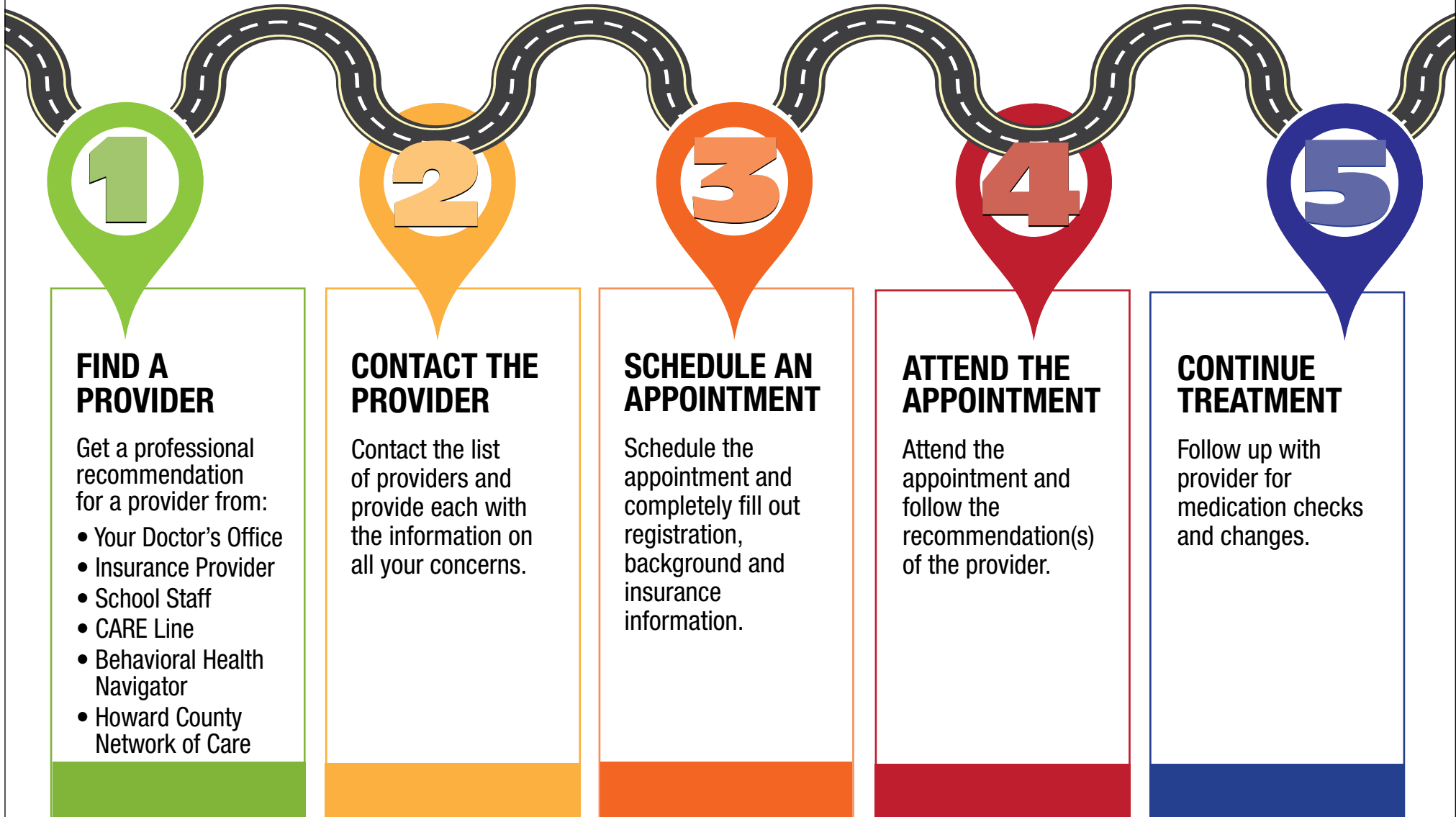
Continue with treatment as needed.

HOWARD COUNTY YOUTH BEHAVIORAL HEALTH

I need a mental health provider to provide an **ASSESSMENT** FOR **MEDICATION**.

Types of providers that provide assessment for medication:

PSYCHIATRIST • YOUR CHILD'S DOCTOR



Howard County Youth Behavioral Health Road Map Breakouts

Learn Healthy Habits

Individuals working to become more aware of behavioral health education to support social, emotional, behavioral, and developmental well-being



- Ask your child questions and check-in with them regularly. Some examples can be “What was the most interesting part of your day?” or “What was the most frustrating part of your day?” or, “Is there anything you’re especially looking forward to this week?”
- Attend mental health information sessions and community events.
You can find out about events happening in the community at www.hclhic.org. on their community event calendar.
- Attend well-child visits with your child’s doctor.
Ask questions and find out about mental health services available at your pediatrician's office.
- Access online and printed resources that can help you learn more.
The Howard County Network of Care (howard.md.networkofcare.org/mh/) can help you find more information.
- Learn and practice positive and healthy coping mechanisms.
Some examples are listening to music, breathing exercises, healthy exercise, or art.
- Connect with your child’s school and participate in school-based mental health events. You can learn more about Howard County Public School System’s Mental Health Services by contacting your child’s school counselor.



Howard County Youth Behavioral Health Road Map Breakouts

Early Intervention Resources

Identify Early Signs and Community Support

Individuals identified at risk of or beginning to experience some behavioral health concerns to prevent worsening symptoms



- Identify and understand the signs of mental distress.
Some examples are intensive worry, changes in sleep and/or noticeable changes in mood.
- Contact your child's doctor for guidance, resources and referrals.
- Contact your child's school counselor to talk about school-based mental health resources.
- Seek support from family, friends, and community. Build a network of support for you, your child and family.
- Join local groups like NAMI Howard County that provide advocacy, programs and support groups.
Visit namihowardcounty.org or call 410-772-9300 to learn more.
- Continue to review print and online resources and information.
Visit the Howard County LHIC Calendar of Events at www.hclhic.org for information on upcoming mental health events.



Howard County Youth Behavioral Health Road Map Breakouts

Intervention Resources

Evaluate Symptoms and Access Treatment

Individuals experiencing significant mental health symptoms that affect their lives at home, school, work, or in the community



- Schedule a mental health assessment with a local mental health provider.
- Talk to your child's school counselor about services and supports available to them during the school day.
- Contact the Howard County Behavioral Health Navigator to get direct assistance in finding specialized mental health services. Contact Leah Bulka at 410-313-6240 or lbulka@howardcountymd.gov.
- Contact Maryland Coalition of Families (MCF) to access peer support services that help parents and caregivers with emotional support and service navigation. Learn more about peer support by calling 410-730-8267 or visiting www.mdcoalition.org.
- Seek individual, group and/or family mental health services. You can access information about these services and find providers online at the Howard County Network of Care at howard.md.networkofcare.org/mh/.



Howard County Youth Behavioral Health Road Map Breakouts

Intensive Intervention Resources

Access Immediate and Significant Supports

Individuals experiencing severe, complex, chronic, or persistent behavioral health symptoms



- Use the 24-hour Grassroots Crisis Line. Individuals may call for a variety of reasons including suicide, family and relationship problems, shelter needs, violent or threatening domestic situations, loneliness or depression, and substance dependency issues, among others. The number is 410-531-6677. You can also download the Grassroots' "There is Hope" App from your phone's app store.
- Access crisis walk-in services at the Sheppard Pratt Clinic, call 410-938-5302; hours are Monday through Friday, from 10:00 a.m. to 9:00 p.m. and Saturdays, from 1:00 to 5:00 p.m.
- Seek specialized and/or intensive treatment programs for care. Contact Leah Bulka, Howard County Behavioral Health Navigator, to get direct assistance in finding specialized mental health services. Leah can be reached at 410-313-6240 or lbulka@howardcountymd.gov.
- Always call 9-1-1 for immediate concerns of safety for yourself, your child or others.
- Contact the Grassroots Mobile Crisis Team. The team is available from 8 a.m to 11:00 p.m. Monday through Friday, and 9 a.m to 11:00 p.m. on Saturday and Sunday. The Mobile Crisis Team can be reached through the Grassroots Crisis Hotline 410-531-6677.
- Access immediate walk-in counseling at Grassroots at 6700 Freetown Road, Columbia. Walk-in counseling is geared towards the person or family in need of immediate support or crisis intervention for a mental health, personal, situational, or family crisis.



Youth Behavioral Health System **GLOSSARY OF TERMS**

COMMONLY USED TERMS

Advocate — A person who provides information and support to and on behalf of another person, including rights and responsibilities.

Behavioral Health — This is an inclusive term that is used to describe not only ways of promoting well-being by preventing or intervening in mental illness such as depression or anxiety, but also has as an aim of preventing or intervening in substance use or other addictions.

Mental Health — A state of wellbeing, in which the individual can achieve their full potential, cope with the everyday stresses in life, have fulfilling relationships and participate in the society. Cultural differences and subjectivity affect the way we define “mental health.”

Natural Supports — These are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Sometimes referred to as “Community Supports.”

Resilience — Abilities or features within a person that promote positive outcomes, such as mental health and wellbeing, and provide protection from factors that might otherwise place that person at risk of adverse health outcomes.

COMMONLY USED ACRONYMS

CON — Certificate of Need. Document required for increasing the level of care.

LOC — Level of Care. A technical term teams use when determining placement into a program.

SIB — Self-Injurious Behavior. Cutting, burning, slapping, and other forms of self-harm all fall into this category.

MENTAL HEALTH PROVIDERS

BHC (Behavioral Health Consultant) — A behavioral health provider (psychologist, social worker, or counselor) working in the primary care office as a member of the care team. BHCs assess symptoms and offer brief, evidence-based interventions for a wide range of mental and physical health conditions. They also assist with referrals if needed.

Child Psychiatrist — A physician who specializes in the diagnosis and treatment of disorders of thinking, feeling and behavior affecting children, adolescents and their families.

Child Psychologist — A trained professional who provides treatment to children with mental health issues.

LCSW (Licensed Clinical Social Worker) — A person who has a degree in social work and is licensed by the state to perform the work.

LMHC (Licensed Mental Health Counselor) — A person who has a degree in counseling and a license by the state to hold counseling sessions.

School Counselor — Professionally certified individuals who help students succeed in school and plan their career. They help students form healthy goals, mindsets and behaviors, learn to develop effective collaboration and cooperation skills, to practice perseverance, to develop time management and study skills, and to learn self-motivation and self-direction habits.

School Psychologist — Uniquely qualified members of school teams. They apply expertise in mental health, learning, and behavior, to help children and youth succeed academically, socially, behaviorally, and emotionally. They partner with families, teachers, school administrators, and other professionals to create safe, healthy, and supportive learning environments that strengthen connections between home, school, and the community.

Youth Behavioral Health System **GLOSSARY OF TERMS**

SOME COMMON MENTAL HEALTH SERVICES

Common types of therapy; more information on these and other therapies can be found at effectivechildtherapy.org.

CBT (Cognitive Behavioral Therapy) — focuses on challenging and changing unhelpful thoughts and behaviors, improving emotional regulation, and the development of personal coping strategies that target solving current problems.

DBT (Dialectical Behavior Therapy) — focuses on providing therapeutic skills in four key areas: mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness.

IOP (Intensive Outpatient Program) — Treatment designed to help those with emotional or behavioral issues whose symptoms may be too acute for traditional therapy but do not require inpatient hospitalization.

Play Therapy — Counseling or psychotherapy where play is used to help children express or communicate their feelings.

Psychotherapy — Psychiatric treatment that involves therapeutic conversations and interactions between a therapist and a child or family.

PRP (Psychiatric Rehabilitation Program) — Services designed for youth to receive support and reinforce therapeutic interventions. PRP helps youth with mental illness to develop and enhance their skillset around community, and independent living.

RTC (Residential Treatment Center) — A psychiatric institution that provides campus-based intensive and extensive evaluation and treatment of children and adolescents with severe and chronic emotional disabilities who require a self-contained therapeutic, educational, and recreational program in a residential setting.

Partial Hospitalization Program — Sometimes referred to as PHP, this is a program used to treat mental illness and substance abuse. The patient continues to reside at home, but commutes to a treatment center up to seven days a week.

School-Based Mental Health Services — Services delivered by school-employed and community-employed providers in school buildings. Learn more about the Howard County School-Based Mental Health Program at <https://www.hcpss.org/f/health/2020-mental-health.pdf>

COMMONLY REFERRED DIAGNOSIS

Anxiety — The fearful anticipation of further danger or problems accompanied by an intense unpleasant feeling (dysphoria) or physical symptoms. Anxiety is not uncommon in children and adolescents.

Bipolar Disorder — A type of mood disorder with marked changes in mood between extreme elation or happiness and severe depression.

Conduct Disorder — A repetitive and persistent pattern of behavior among individuals in which they violate the rights of others or violate norms or rules that are appropriate to their age.

Depression — A type of mood disorder characterized by low or irritable mood or loss of interest or pleasure in almost all activities over a period.

Disruptive Mood Dysregulation Disorder (DMDD) — Childhood condition of extreme irritability, anger and frequent, intense temper outbursts. DMDD symptoms go beyond being a “moody” child — children with DMDD experience severe impairment that requires clinical attention.

Obsessive Compulsive Disorder (OCD) — Individuals with obsessions and/or compulsions. An obsession refers to recurrent and persistent thoughts, impulses, or images that are intrusive and cause severe anxiety or distress. Compulsions refer to repetitive behaviors and rituals (like hand washing, hoarding, ordering, checking) or mental acts (like counting, repeating words silently, avoiding).

Youth Behavioral Health System **GLOSSARY OF TERMS**

Oppositional Defiant Disorder (ODD) — An ongoing pattern of uncooperative, defiant, and hostile behavior toward authority figures that seriously interferes with the person's day to day functioning.

Post-Traumatic Stress Disorder (PTSD) — PTSD can occur when a person experiences a shocking, unexpected event that is outside the range of usual human experience. The trauma is usually so extreme that it can overwhelm their coping mechanisms and create intense feelings of fear and helplessness.

SOURCES — <https://www.bestselfwy.org/resources/glossary-of-mental-health-terms/> • <https://wayahead.org.au/get-the-facts/mental-health-jargon/>
<https://sunrisehouse.com/frequently-asked-questions/abbreviations-drug-addiction-mental-health>

MISCELLANEOUS REFERENCES

Points of Entry — places where you can first access services in the community. These may be information and referral lines or agencies that people typically come to first when they need questions answered about services or resources. The points of entry below showcase some of the common places that parents and caregivers can access behavioral health supports.

Behavioral Health Navigation — A Behavioral Health Navigator assists with coordination of care, dissemination of information, outreach and screenings and referrals to behavioral health services. Contact Leah Bulka, Behavioral Health Navigator at 410-313-6240 or lbulka@howardcountymd.gov.

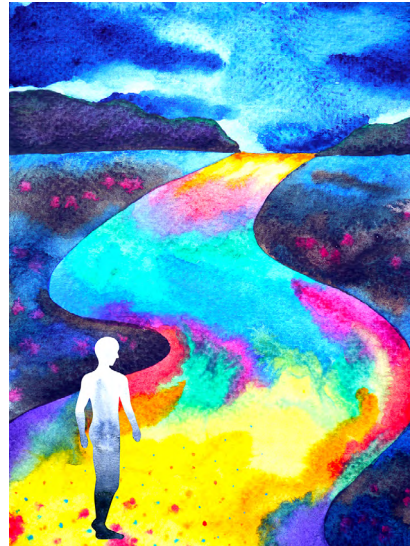
CARE Line — The CARE (Child and Adolescent Resources and Education) for Howard County Families is a free service provided by the Howard County Office of Children and Families. It is a county-specific resource and referral service for people who have questions about children. Contact 410-313-2273 (voice/relay) or children@howardcountymd.gov.

Howard County Maryland Access Point (MAP) — Maryland Access Point of Howard County (MAP) is a trusted source of information and assistance for Howard County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals. Contact 410-313-1234 (voice/relay).

Howard County Network of Care — This website allows you to search for providers and access information about behavioral health resources in the county. It is able to be translated into multiple languages in real time and is updated regularly. It is a resource for individuals, families and agencies concerned with behavioral health, and provides information about services, laws, and related news, as well as communication tools and other features. Access the site at <https://howard.md.networkofcare.org/mh/>

Immigrant Behavioral Health Services Program — This program provides services for individuals who were born outside of the United States, live in Howard County, are low-income, and do not qualify for public health services. Services include behavioral health evaluations, help finding a mental health provider, making counseling appointments, medication management services, counseling and medication costs. Services are available on a sliding scale fee. Contact Heidi Weiss-Beedie at 410-313-5711 or hweissbeedie@howardcountymd.gov.

WITH GRATITUDE TO THE
Howard County Mental Health Community Advisory Council
FOR THEIR WORK ON THIS PROJECT



CONTACTS AT A GLANCE

National Suicide Hotline — 800-273-8255

Howard County Grassroots Mobile Crisis — 410-531-6677

Howard County Network of Care — howard.md.networkofcare.org/mh/

Howard County Office of Children and Families CARE Line — 410-313-CARE (VOICE/RELAY)